rogerblack

SILVER ROWER **AG-10401**

fit for life

with Roger Black

rogerblack

SILVER ROWER **AG-10401**

let's get fit for life!

Thank you for choosing my silver rower and welcome to a healthier, fitter lifestyle!

Being healthy has always been an essential part of my life, so I'm delighted to be able to help you make it an important part of your life too.

How many times have you climbed the stairs or ran for the bus and been out of breath? How many times have you wished you could do more of the things you enjoy, like walking the dog, or running around after the kids?

Did you know that just 20 minutes of exercise 4 times a week can make a world of difference? You won't believe the benefits a little exercise will bring! You will have higher energy levels, reduced stress, improved self-esteem, clearer and more radiant skin, greater cardiovascular efficiency, a higher metabolic rate and improved body posture . . . all of which will result in a healthier and much more enjoyable lifestyle!

So enjoy your workouts, and maybe the next time you run up the stairs you will feel Fit for Life!

01 assembly

Your rower will require a small amount of assembly.
You will find everything you need included in the box.

02 get to know your rower

Take time to get to know your new rower - it will help you to get the most out of your workouts.

03 enjoy your workout!

Useful tips on training and some stretches you can try.
For further advice visit www.rogerblackfitness.co.uk

www.rogerblackfitness.co.uk

01 assembly

precautions

WARNING: To reduce the risk of injury, read the following important precautions and information before operating the rower.

1. Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor.
2. Please read all instructions in this manual before using the rower.
3. It is the responsibility of the owner to ensure that all users of the rower are adequately informed of all precautions. Use the rower only as described in this manual.
4. Use the rower indoors on a level surface and keep it away from moisture and dust. Place a mat under the stabilisers to protect the carpet or floor.
5. Inspect and tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the rower at all times.
7. The rower should not be used by persons weighing more than 100kg. If you weigh more than 100kgs. It is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.
8. Wear appropriate exercise clothing when using the rower. Do not wear loose clothing that could become caught in the moving parts.
9. If you feel pain or dizziness while exercising, stop immediately and cool down. If any discomfort should result from your use of this product, stop exercising and consult your doctor.
10. The rower is intended for home use only. Do not use in a commercial or institutional setting.

pre-assembly notes

OPEN THE BOXES

Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Chart for a full count of the number of parts included for proper assembly. If you are missing any parts please call the Roger Black Technical Support line on 0845 600 0464.

GATHER YOUR TOOLS

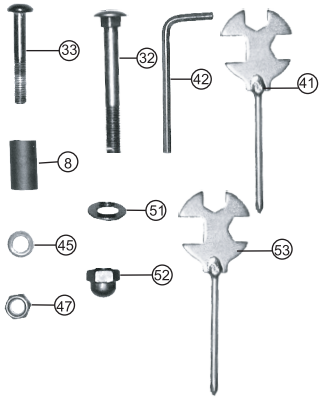
Before starting the assembly of your unit, gather the necessary tools. Having all of the equipment at hand will save time and make the assembly quick and hassle-free.

CLEAR YOUR WORK AREA

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

hardware chart

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you.



PART NO	DESCRIPTION	QUANTITY
8	SET STOPPER	2
32	M10 X 85 MM BOLT	4
33	M8 X 50MM BOLT	2
41	TOOL - SPANNER #1	1
42	TOOL - ALLEN KEY	2
45	8 X 16 WASHER	4
47	M8 NYLON NUT	2
51	10 X 9 WASHER	4
52	M10 CAP NUT	4
53	TOOL - SPANNER #2	1

01 assembly

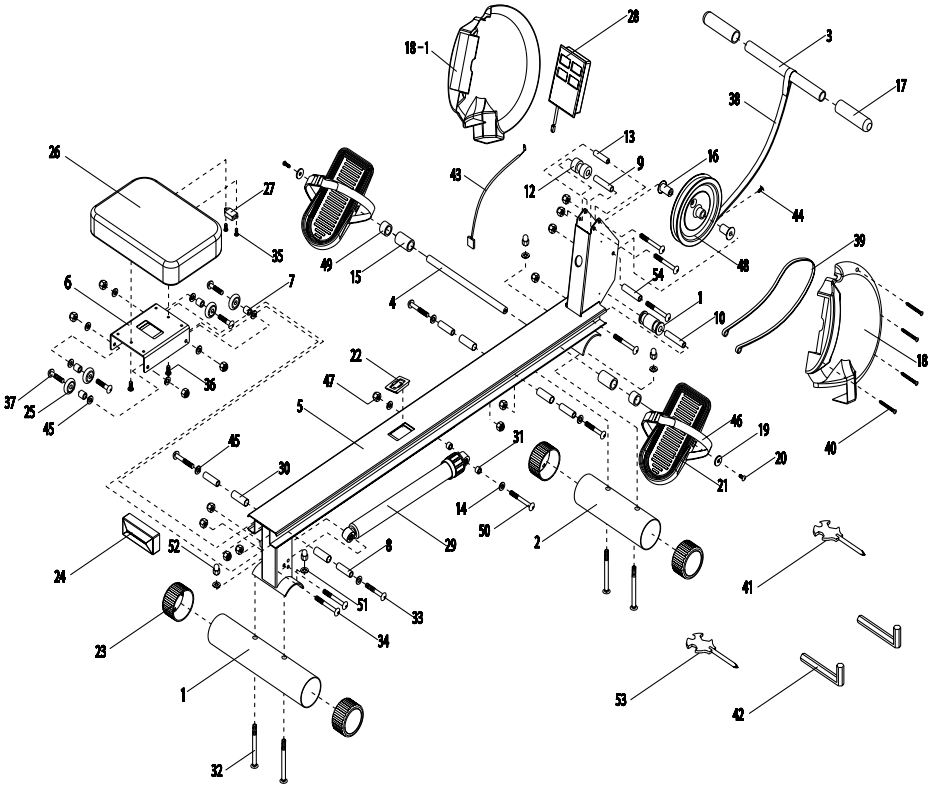
parts list

NO.	DESCRIPTION	QTY.
1	FRONT STABILIZER TUBE	1
2	REAR STABILIZER TUBE	1
3	HANDLEBAR	2
4	PEDAL SHAFT	1
5	MAIN FRAME	2
6	SEAT BRACKET	2
7	BUSHING	4
8	SEAT STOPPER	4
9	UPPER PULLEY SHAFT	1
10	LOWER PULLEY SHAFT	1
11	LOWER PULLEY	1
12	UPPER PULLEY	1
13	BELT LIMITER	1
14	WASHER	2
15	23 X 37 mm PLASTIC SPACER	2
16	MAIN BELT PULLEY HOLDER	2
17	HAND GRIP FOAM	2
18	PULLEY COVER - RIGHT	1
18a	PULLEY COVER - LEFT	1
19	6.2 X 19 mm WASHER	2
20	M6 X 16 mm SCREW	2
21	PEDAL	2
22	SENSOR	1
23	STABILIZER TUBE END CAP	4
24	RAIL END CAP	1
25	SEAT MOVING WHEEL	4
26	SEAT	1
27	MAGNET	1

NO.	DESCRIPTION	QTY.
28	COMPUTER	1
29	OIL CYLINDER	1
30	SEAT STOPPER FOAM	4
31	SPACER	2
32	M10 X 85 mm BOLT	4
33	M8 X 50 mm BOLT	4
34	M8 X 65 mm ALLEN HEAD BOLT	6
35	4 X 15 mm SCREW	2
36	M6 X 15 mm SCREW	2
37	M8 X 35 mm ALLEN HEAD BOLT	4
38	BELT - UPPER SECTION	1
39	BELT - LOWER SECTION	1
40	4.2 X 2.5MM SCREW	4
41	TOOL - SPANNER #1	1
42	TOOL - ALLEN KEY	2
43	SENSOR WIRE	1
44	4.5 X 25MM SCREW	1
45	8 X 16 WASHER	8
46	PEDAL BELT	2
47	M8 NYLON NUT	15
48	MAIN BELT PULLEY	1
49	23 X 15MM PLASTIC SPACER	2
50	M8 X 53MM ALLEN BOLT	1
51	10 X 19 WASHER	4
52	M10 CAP NUT	4
53	TOOL SPANNER #2	1
54	MAIN BELT PULLEY BUSHING	1

exploded diagram

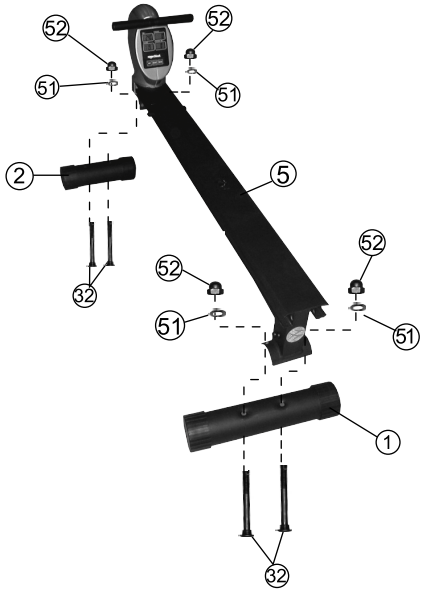
MANY OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED AT THE FACTORY.



01 assembly

Step 1 (Fig. 1)

Attach the Front Stabilizer Tube (2) to the Main Frame (5) and secure using two M10 x 85mm Bolts (32), two 10 x 19 Washers (51) and two M10 Cap Nuts (52).
Attach the Rear Stabilizer Tube (1) to the Main Frame (5) and secure using two M10 x 85mm Bolts (32), two 10 x 19 Washers (51) and two M10 Cap Nuts (52).
Note: There two square holes on one side of Stabilizer Tube and two round holes on the other side. Please place the Stabilizer Tubes with the round holes facing upwards Please attach the M10 x 85 mm Bolts (32) by through the square holes from underneath then secure with 10 x 19 Washers (51) and M10 Cap Nuts (52). Please refer to Fig. 1A and Fig. 1B.



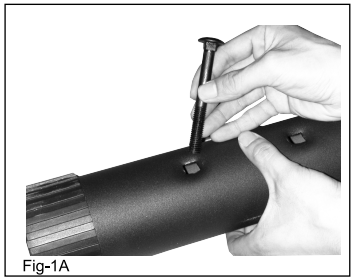


Fig-1A

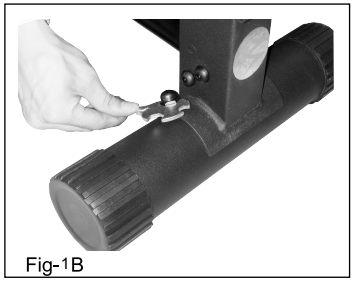


Fig-1B

Step 2

Slide the Pedal Shaft (4) through the Main Frame (5) with one Pedal (21), one 23 x 15mm Plastic Spacer (49) and one 23 x 37mm Plastic Spacer (15) as the Fig. 2A shows. Then slide the one 23 x 37mm Plastic Spacer (15), one 23 x 15mm Plastic Spacer (49) and one Pedal (21) onto the other side of the Pedal Shaft (4) as Fig. 2B shows. Secure using one 6.2 x 19mm Washer (19) and one M6 x 16mm Screw (20) one each side. Please tighten both M6 x 16mm Screw (20) with the Allen Key (42) from each side as Fig. 2C shows.

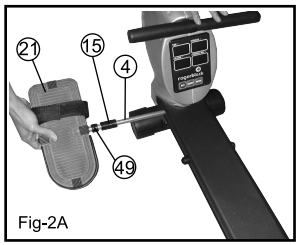


Fig-2A

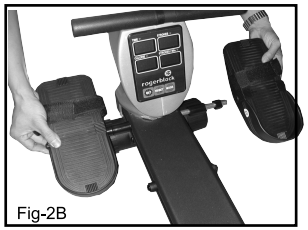


Fig-2B

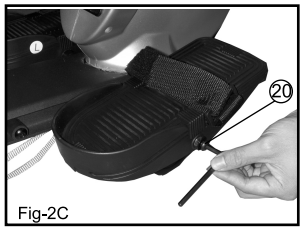
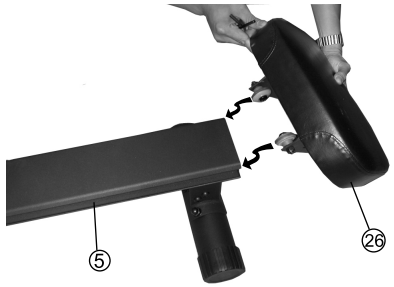


Fig-2C

step 3 (Fig. 3)

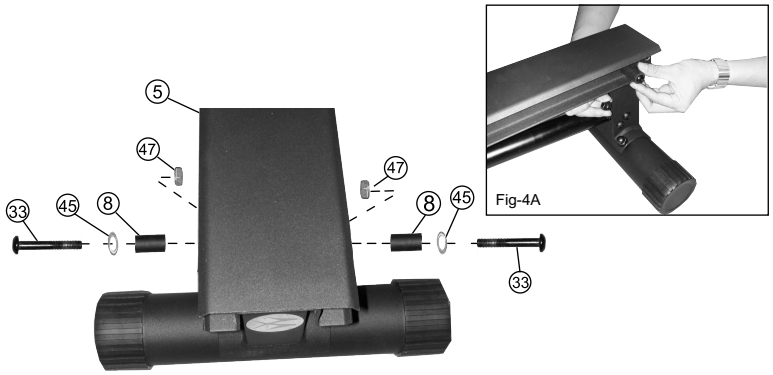
Slide the Seat (26) onto the Main Frame (5).



01 assembly

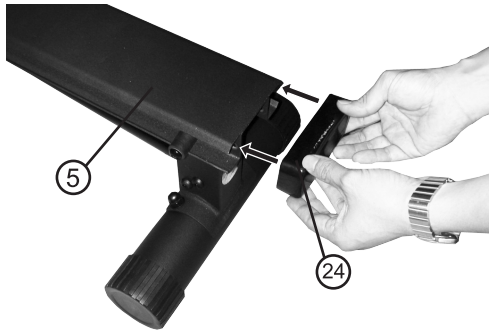
Step 4 (Fig. 4)

Attach one Seat Stopper (8), one 8 x 16 Washer (45) and one M8 x 50mm Bolt (33) onto each side of the Main Frame (5). Secure these in place using two M8 Nylon Nuts (47) from inside of Main Frame (5) as Fig. 4A.



Step 5 (Fig. 5)

Attach the Rail End Cap (24) to the Main Frame (5).



Step 6 (Fig. 6)

Remove the Computer (28) from the Pulley Cover (18). Attach two 1.5V (“AA” or “UM3”)batteries into the back of computer. Than insert the Computer (28) back to Pulley Cover (18).

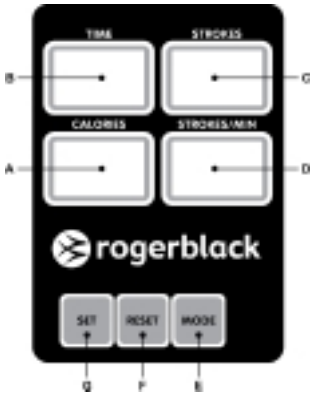
Well done!

Your rower is now ready for use. Please go to the Computer operation section in this manual for instructions on how to operate your console. If you have any questions please call the Roger Black Technical Support Line on 0845 600 0464.

02 get to know your rower

the console

A Calories window
B Time window
C Stroke window
D Strokes per minute
E Mode Button
F Reset Button
G Set Button



BUTTONS

MODE — Press MODE to select Function of Count, Time and Calories for presetting.

RESET — Press to reset each single function of Count, Time and Calories.

SET — Press to set STROKES/TIME/CALORIES

FUNCTIONS

COUNT

Count Up — The monitor will display current stroke numbers from 0 to 9999.
Count Down — The monitor will start to count from preset stroke numbers down to 0 soon as training starts.

TIME

Count Up — The monitor will accumulate training time from 0:00 to 99:59.
Count Down — The monitor will start to count from preset time down to 0:00 as soon as training starts.

SPM

The monitor will display current Strokes per Minute.

02 get to know your rower

CALORIES

Count Up — The monitor will accumulate calorie consumption from 0 to 999 CAL.

Count Down — The monitor will start to count from preset calories down to 0 as soon as training starts.

(This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)

NOTE

1. When no signal has been transmitted to monitor for (4) four minutes, the monitor display will shut off automatically and all previous training data will be stored. You may press any button to have the monitor display previous data.
2. If there is any improper display on the monitor, please remove and re-install the batteries for better results.
3. The monitor requires (2) two 1.5 V AA size or UM-3 batteries.

How to set the Resistance

Turn the Piston to align the Arrows in order to set the desired level of resistance

maintenance

Proper maintenance is very important to ensure your rower is always in top working condition. Improper maintenance could cause damage or shorten the life of your rower and exceed the LIMITED WARRANTY coverage.

- For continued smooth operation of the rower it should be kept clean. Using a soft cloth and mild detergent, clean any dust and residue.
- Important: Never use abrasives or solvents to clean the rower. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.
- Inspect and tighten all parts regularly. Replace any worn parts immediately.

TROUBLE SHOOTING

BATTERY REPLACEMENT

Replace the batteries if:

- Screen goes blank

CHECK WIRE CONNECTIONS

Check wire connections if:

- No stroke counting in the display whilst exercising

spare parts and technical advice

If you have questions you cannot resolve with the help of this manual, or need to order replacement parts please call the Roger Black Technical Support line on 0845 600 0464, or email service@rogerblackfitness.co.uk Please have the product model name and number ready when you call.

03 enjoy your workout!

what is exercise?

'What is exercise' sounds like a silly question, but did you know that there are four aspects of exercise?

1. Cardiovascular fitness (the fitness level of your heart, lungs, veins and arteries)
2. Muscular strength (the fitness of muscles in your legs, arms, buttocks etc, which are vital to perform fundamental movements of everyday life, such as carrying your shopping or doing the vacuuming)
3. Muscular endurance (the stamina required by your muscles to be able to do more vacuuming!)
4. Flexibility (the range of movement at a joint where two or more bones meet, to allow you to do simple tasks easily, like bending your knee to tie your shoes)

Different exercises (and in turn different exercise products) target these aspects of exercise. For example, a treadmill is good for cardiovascular fitness, whilst a bike is better for muscular strength and endurance. HOW you train is also vitally important.

cardiovascular fitness

The muscle (your heart) and vital organs (your lungs, veins and arteries) form your cardiovascular system. Your cardiovascular system is responsible for processing and transporting oxygen to your muscles. Your heart contracts to pump blood around your body and provide your muscles with the oxygen they need. As your cardiovascular fitness improves, your heart will become more efficient, being able to pump blood with fewer contractions. Thus, a slower heart rate usually means a fit heart!

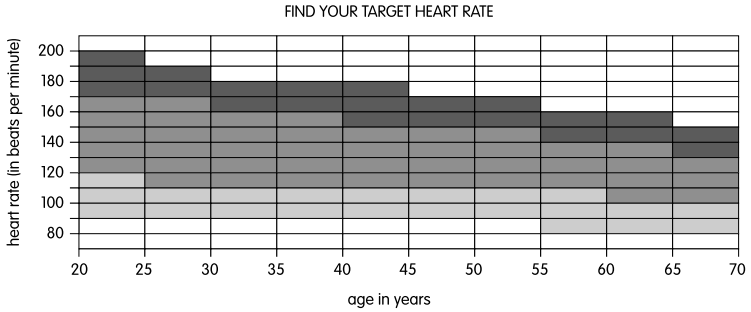
Like any other muscle, you can strengthen your heart by exercising it. This means doing any activity that makes your heart beat quickly and you breathe deeply. This type of exercise is called aerobic exercise.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a range of beats per minute that is largely determined by your age and physical condition.

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the number of beats in ten seconds, and then multiply that number by six. This gives you the number of beats per minute. To determine your target zone, consult the chart opposite. As you exercise, monitor your heart rate and try to keep it within your target zone.

Heart Rate Chart key:

	ADVANCED	Sports, athletic conditioning or interval training
	FITNESS	Optimal training, aerobic or cardiovascular
	HEALTH	Beginner, low intensity with long duration produces fat burning

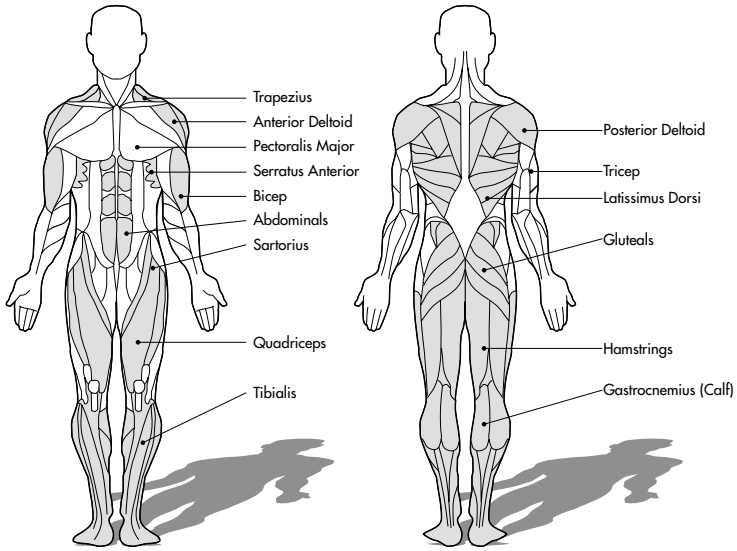


muscular strength and endurance

Muscles are important for a healthy lifestyle. We MAINTAIN our muscles just by going about our everyday lives, but to IMPROVE them we need to exercise. The best way to improve muscular strength and endurance is to perform resistance-based exercises more often. Those focusing on 'weight' loss will be pleased to note that muscular tissue uses more calories than inactive tissue!

03 enjoy your workout!

Your rower will help you to develop the following muscle groups:



Flexibility

Flexibility is the range of movement at a joint, where one or more bones meet. By maintaining your joints and improving your flexibility, you will be less susceptible to injury or joint-related illnesses. You should aim to improve flexibility gently, with a few simple stretches, which should always form part of your warm-up and cool-down routine. You can then continue to increase your flexibility in your main workout.

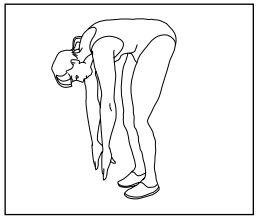
warm up and cool down

A successful exercise programme consists of a warm-up, aerobic exercise, and a cool-down. Do the entire programme at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. Try the following warm up and cool down exercises.

TOE TOUCH

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

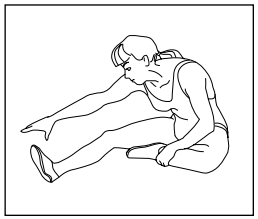


SHOULDER LIFT

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

HAMSTRING STRETCH

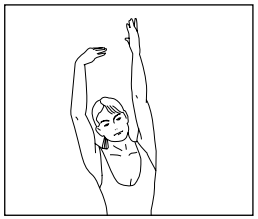
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



03 enjoy your workout!

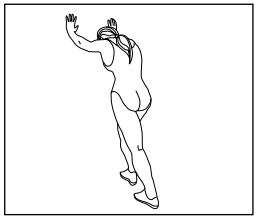
SIDE STRETCH

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



CALF-ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



HEAD ROLL

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

further questions?

I hope you enjoy your new rower and your new healthier and fitter lifestyle!

Should you need further information on fitness, please visit www.rogerblackfitness.co.uk

For technical assistance, contact the Roger Black Technical Support Line on 0845 600 0464 or email support@rogerblackfitness.co.uk

limited warranty

This product is warranted to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years from the date of purchase. This warranty extends only to the original purchaser. This warranty is limited to replacing or repairing, at the manufacturer's option, the product through one of its authorised service centres. All repairs for which warranty claims are made must be pre-authorised by the manufacturer. This warranty does not extend to any product or damage to the product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an authorised service centre, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorised.

The manufacturer is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use of performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth within.

This warranty gives you specific legal rights.

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SILVER ROWER **AG-10401**

User manual, 1st edition.

The rogerblack medal series comprises:

Gold treadmill	AG-10302
Silver treadmill	AG-10301
Gold bike	AG-10203
Silver bike	AG-10202
Bronze bike	AG-10201
Gold semi-recumbent bike	AG-10208
Silver semi-recumbent bike	AG-10207
Silver spin bike	AG-10221
Gold cross-trainer	AG-10212
Silver cross-trainer	AG-10211
Gold rower	AG-10402
Silver rower	AG-10401

For information on the Roger Black Medal Series visit www.rogerblackfitness.co.uk

For technical support call the Roger Black Technical Support Line on 0845 600 0464, or email support@rogerblackfitness.co.uk